

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

F2F Classes in North Haven!!!

NAMI Elm City (National Alliance on Mental Illness) will offer its NAMI Family-to-Family Education Program for the Winter/Spring season 2015, beginning on **March 3rd 2015**. It will be held on **Tuesdays** from 6:00 to 8:30 PM at North Haven Recreational Department



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Contact us to register for this NAMI Family-to-Family class!



F2F NORTH HAVEN

Start Date: Tuesday, March 3rd 2015

Time: 6:00 to 8:30 p.m.

Location: North Haven Recreational Dept.
7 Lindsey St. North Haven, CT 06473

Contact & Registration:

Mary at 203- 907- 8609 or

Marc at 203-234-0629

About NAMI Connecticut

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Connecticut is a statewide, grassroots, member organization which, along with its local affiliates share a common three-fold mission:

- **Support** to families and individuals with mental health challenges who face the ongoing difficulties of mental illnesses;
- **Education** for families, people with mental illnesses and the public about brain disorders and the impact of diseases on the lives of individuals and families;
- **Advocacy** for improved treatment and services for all individuals with mental illnesses, as well as increased research that will lead to more effective treatment.